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The True Theory

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—OF—

CHRONIC DISEASE,

AND ITS

RATIONAL TREATMENT;

AS PROVED BY THE

EXAMINATION OF OVER ONE THOUSAND BODIES, AFTER DEATH,

BY

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DESCRIPTION OF ENGRAVING.

A A, The Stomach.

B B, The 2nd Stomach, or Duodenum.

C, The Gall-Bladder.

D, Pylorus, which is closed except when food passes at certain intervals.

E, Cardiac Orifice of the Stomach, disease of the lining membrane in this vicinity is the cause of Heartburn and Waterbrash.

1, Duct of the Gall-Bladder opening into the Second Stomach usually found more or less obstructed from chronic inflamation and thickening of its lining membrane beginning in the Second Stomach.

2, Liver Ducts, that convey the bile secreted by the Liver to its reservoir, the gall-bladder

3, Pancreatic Duct.

4, Patches of inflammation and thickening of the lining membrane of 1st and 2nd Stomach causing Indigestion and its various phenomena, and often tenderness and pain after eating.

5, Points of ulceration often found in bad cases.

INTRODUCTION.

The important discoveries recently made in medical science by Professors BENNETT, of Edinburg, and CHAMBERS, of London, have almost entirely annihilated all preconceived theories and treatment of disease. And when we reflect upon the alarming prevalence and persistence of chronic diseases in general, that three-fourths of all females, and from one-third to one-half of all males over twenty-five years of age, are, more or less, diseased, and constantly taking medicine without recovery, it becomes necessary to inquire from whence originates this formidable array of disease and its alarming mortality. Having made chronic and surgical diseases a special study and practice for over twenty years, part of the time acting as Senior Surgeon in one of the largest City Hospitals in New York where post-mortem examinations were daily made, I am satisfied that nearly all chronic diseases originate from the stomach and blood-making organs, for the following reasons:

1st. The post-mortem examination of those who die of chronic diseases, such as Consumption, Chronic Bronchitis, Dropsy, Asthma, diseases of the Throat, Heart and Kidneys, &c., as well as the various forms of Female Diseases, invariably show lesions of the stomach and blood-making organs, and for months and years previous to death as constantly exhibit symptoms of indigestion.

2d. Those who have healthy stomachs, and, consequently, healthy digestion and blood, are not subject to chronic diseases: whereas, those who for any length of time have had the prominent symptoms of indigestion invariably have one or more of the various forms of chronic disease.

3d. All known plans of treatment hitherto employed in the treatment of chronic diseases have proved, not only useless, but injurious. But when the stomach and digestion are first made healthy then rich and vigorous blood, manufactured by a healthy stomach out of the food, circulating into all parts of the body twice every minute, rapidly repairs waste and damage, and restores diseased organs and tissues to a condition of health.

TRUE THEORY OF CHRONIC DISEASE.

Gastro Enteritis (commonly called Liver Complaint, Dyspepsia, &c.,) is, as the name indicates, a chronic inflamation of the lining (mucous) membrane of the first and second stomach and upper portion of the intestines, and may exist in all grades, from simple congestion and irritation to the most obstinate form, viz, chronic inflamation of more or less of the whole lining membrane of the first and second stomach and upper part of the small intestines, (jejunum) with thickening and detachment and obliteration of the ducts or glands that secrete liquids for digestion. Now, in order to understand its Pathology (diseased condition), we must first learn its Anatomy and Physiolgy. The stomach is the principal organ of digestion, situated in the epigastic, left and right hypochondriac regions; is variable in size, usually measuring, when moderately full, in its transverse diameter, 12 inches;—in its vertical, about 4. It is a hollow gland, having four coats;—first, mucous; second, cellular; third, muscular; fourth, serous.

The mucous is the lining membrane, as seen with the microscope, is thick,—having a somewhat soft and pulpy consistence, and is covered with small, shallow depressions, which vary from 1-100ths to 1-200ths of an inch in diameter. At the bottom of these depressions, as well as between them, are seen the orifices of minute tubes, (gastric follicles,) located side by side over the entire surface of the stomach, leading to innumerable little glands that secrete the gastic juices for digestion, from blood vessels located in the second or cellular coat. At the lower orifice of the stomach, (the Pylorus,) the muscular fibres of the third coat became thickened and aggregate into a circular ring, (Pyloric valve,) closing the orifice between the first and second stomach, except the passage of food at certain intervals. The second stomach (Duodenum) is of similar structure to the first, and usually found most diseased—having glands (Brunners) of less minute structure, yet none the less important. Opening into the Duodenum, which is 8 or 10 inches in length, a little below the middle, is the duct of the gall bladder, and pancreatic

gland. Below the orifice of this duct (for they usually empty by one common duct,) absorption of the nutrition prepared by the digestion of food takes place, and is conveyed through the thoracic duct into the blood circulation. We can now see how easily great changes can take place in the manufacture of blood, when these parts are so subject to abuse and liable to disease; and it seems a matter of much surprise that a disease so common in every community should be so little understood by Physicians.

SYMPTOMS.

Patients afflicted with this disease have more or less of the following symptoms, varying with the extent and age of the disease, or whether it exists in the first or second stomach:

An appetite more or less depraved, generally diminished, sometimes ravenous; an unnatural taste in the mouth, usually bitter, often sour or acrid; Neuralgic pains of various kinds and in various places, usually in the side and shoulder, often in the breast and back or hips. Are more or less nervous; have fluttering or palpitation of the heart, and often a tenderness at the pit of the stomach. Owing to the putrefaction of food, more or less gas is evolved in the stomach, with frequent belching, &c. Dizziness of the head or headache; defective memory; cold feet and hands; costive or irregular bowels, and an occasional discharge of slime when loose. The skin is rusty, dark or dingy; often yellow, spotted or faded, owing to the bile cholesterine and various other poisons circulating in the blood, and being deposited in the skin, that ought to pass off by the bowels, but cannot, because, the stomach being diseased, the stimulus of food cannot call off impurities from the gall bladder, as in health. Now this is disease of the stomach, not of the Liver. The Liver is a favored organ, weighing 3½ lbs., located in the right side, under the short ribs, entirely protected from danger, nothing ever going to it, except through the blood—an organ that seldom becomes diseased primarily, as proved by Post-Mortem examinations. Whereas the stomach, the organ we are daily and hourly abusing, is the very one that gets diseased. It being made the common receptacle of all kinds of food and drinks—not only of digestible food required, but also of everything difficult of

digestion, such as new bread, pickles pork, onions, preserves, too highly seasoned and half masticated food, scalding hot tea and coffee, &c., &c., at all hours of the day and often at night, giving it constant labor and no rest whatever. What wonder is it then that of all organs the stomach is the one most likely to become diseased. We are a nation of gormandizers; "we live to eat, instead of eating to live," and this, combined with sedentary habits, is certain to produce some form of this disease. Is it to be wondered at, then, that three-fourths of the females, and from one-third to one-half of all males over twenty-five years of age, are troubled with more or less of this disease and its consequences? Our ancestors lived on plain food,—consequently did not eat too much,—had more air and exercise,—were more regular in their habits, and thus were healthier.

POST-MORTEM APPEARANCES.

The appearance of the stomach after death varies according to its grade, extent, complication and the length of time the patient has suffered. Few die of this disease alone, except an occasional case from stagnation of the blood at night (nightmare), or from an ulcer perforating the coats of the stomach, producing peritonitis and sudden death. But this impure and vitiated blood, from bad digestion, circulating into every part of the body, irritates and poisons every part, and causing, sooner or later, directly or indirectly, Consumption, Bronchitis, Catarrh, Asthma, Neuralgia, Deafness, Sore Eyes, Dropsy, Palpitation, Scrofula, and all forms of Female Disease. For there is scarcely an organic disease known that this poisoned condition of the blood does not produce. In cases that had died of other diseases, having had, for some time, this disease of the stomach we found the lining membrane red, irritable, congested and somewhat thickened in places; while, in cases that were well developed, of longer existence, having died from one or more of its complications, we found more extensive disease, and thickening of the lining membrane, ulceration, &c. The surface raw, from detachment and discharge of its mucous coat, often granulated. The secreting glands, that secrete fluids for digestion, and their ducts, more or less obliterated; the stomach always contracted, and the duct of the gall-bladder usually obstructed from exten-

sion of disease from the stomach, sometimes almost entirely preventing the natural discharge of bile and pancreatic fluid into the second stomach, to assist digestion and keep the bowels regular. In cases where the patient, during life, was subject to vomiting, we found the pyloric orifice contracted from thickening of its tisssues. If constipation, the disease was found high up. If diarrhœa, low down, frequently extending to the jejunum. Symptoms during life, thus always point the intelligent Physician to the exact location of the disease, just as a sneeze, hawk, or cough tells whether a disease is in the nasal cavities, throat or lungs.

EXPLANATION OF SYMPTOMS.

How easy it is now to explain its symptomatology and correct mode of treatment, since we have found out by examination after death what it is. From various causes, heretofore mentioned, one gets irritability of tl e stomach, the causes still acting, the patient taking nothing for its removal, except, perhaps, a dose of physic, which, in the end, invariably makes it worse. The mucous membrane of the stomach and secreting glands first become red, irritable and congested; a low grade of inflamation is set up, with thickening of the coats of the stomach and gastric follicles. The various fluids for digestion, therefore, if secreted, are not assimilated, bile, &c., not called off by the stimulus of food in the stomach, or from the obstruction of the duct of the gall-bladder. Thus the bowels become costive or irregular; costive, if the disease be high up; too loose, if low down; or changeable, if more general. Owing to this retention of bile in the gall-bladder, it often becomes enormously distended, the liver having no other place to discharge (the gall-bladder being the reservoir for the bile), becomes inactive from engorgement, and cannot, therefore, secrete it from the blood. The blood consequently becomes overloaded with bile, cholesterine and pancreatic fluid, and, as it circulates in the brain, causes dizziness, loss of memory and headache; in the heart, palpitation, &c., &c. More or less bile is deposited in the skin, making it yellow, dingy or rusty. Patients with this disease are usually peevish, fretful or despondent; often hysterical or hypochondriac. A patient with this condition of the stomach eats, but the food will not digest; it therefore putrefies,

and, as in all cases of putrefaction, gas is formed—some of which, perhaps, he belches up. As well might a man expect to be healthy from eating putrid food as by food that rots in his stomach from indigestion. The blood is the fountain of life; it circulates into every part of the body, carrying nutrition to repair waste and damage, and bringing back that which is worn out to be carried off by the various secretions and excretions. For, every thought we think wears out so much brain; every breath we breathe so much lung; every action and motion we make a certain amount of tissue. How then is it to be repaired, and we kept healthy and vigorous, without pure blood? And how are we to have pure blood without healthy digestion? And how can healthy digestion take place in a diseased stomach?

PHENOMENA OF DIGESTION.

In a condition of health, the stimulus of food in the mouth calls off the saliva from the glands of the mouth; after being masticated, it then passes into the first stomach, where it excites by its stimulus a Peristaltic (twisting) motion, rubbing its surfaces against its contents, and calling off the gastric juices. It then passes through the pylorus into the second stomach (Duodenum), where the same phenomena again occurs, and calling off the bile from the gall-bladder, and pancreatic juice from the pancreatic gland; and thus digestion is accomplished. The nutritious portion of the food is then absorbed by the lacteals, and taken into the general circulation for the repair of waste and damage—the refuse portion going off by the bowels.

WHY DOCTORS DO NOT CURE IT,

Is because they do not understand it. For years this trouble has been called Liver Complaint, Dyspepsia, &c., Doctors having had more trouble in their heads than their patients had in their livers. They supposed that because they found the bowels costive or irregular, with little bile in the discharges, and much in the blood, that the Liver was diseased and could not act. The fact is, however, that owing to this disease of the stomach, the stimulus of the food does not call off the bile and other secretions, as in health, to accomplish digestion; also, disease extending from the lining membrane of the stomach to the gall-bladder and other se-

creting glands, causes thickening and obstructs its passage. I have often seen—on examination after death—the gall-bladder, which in health is the size of an ordinary egg, distended to four or five times its natural size from obstruction of its duct, and would rupture from pressure before its contents would pass through; whereas in the healthy condition, the weight of the hand alone will press its contents into the second stomach. The gall-bladder being the reservoir for the bile that the liver secretes, being thus distended, the liver having no other place to discharge, it therefore ceases to act from obstruction, like the cylinder of a threshing machine, when the straw is not removed. Therefore, considering this as a disease of the liver, the physic and alteratives they gave only relieved, never cured. Instead of curing the disease that caused the symptoms they treated the symptoms only. A symptom of fever is red cheeks, but no sensible Physician would treat a patient for red cheeks. Cure the fever and the red cheeks leave; but treating red cheeks never cures a fever. Now, pain in the shoulder, rusty skin, bad taste, palpitation of the heart, irritable kidneys and womb, neuralgia and nervousness, cold hands and feet, torpidity of the liver, &c., &c., are as much symptoms of a diseased stomach as red cheeks are of fever. And a Physician who treats chronic disease of the lungs, nerves, kidneys, womb, heart, or any other organ, as specific diseases, without first getting the blood making organs into a healthy condition, so that pure and healthy, instead of vitiated and impoverished, blood will circulate in said diseased parts, and repair the damage, as nature intended, acts just as unscientifically as he who treats red cheeks for fever. And yet a large majority of those for whom I prescribe (from 10 to 20 daily), state that for years they have been treated for liver complaint, debility, nervousness, palpitation, neuralgia, spinal complaint, womb diseases, &c., &c., &c., (which were only symptoms of their diseased stomach and vitiated blood) without any relief whatever. Indeed, when we take into consideration the immense amount of chronic disease, the large amount of medicine taken without recovery—still worse, that statistics show that of all children born only one in 40 or 50 live to the age of seventy—the question might be asked with some propriety, do not doctors kill

instead of cure? Any person of common observation knows how rapidly the young usually recover of bodily ailments, and how slow and uncertain are the recoveries of the aged. If a boy breaks his leg or arm and it is set, he at once recovers. Not so with the old man. The young are rarely sick of chronic diseases—the aged commonly so. Now, what makes this difference? Simply the fact that the young usually have healthy blood making organs; their blood is rich, healthy and vigorous, and gives vigor and vitality to every part; they consequently ache with strength, jump and skip about, are hard to keep still. Their blood not only repairs their waste and makes them strong, but cures them by repairing their damages. Not so with the aged; their stomachs for years have borne abuse; their digestions are bad and appetites variable; they are worn out and want rest; their blood being too impoverished and defective even to repair waste, cannot therefore repair damage if sick, and after a time death comes; sometimes even without any serious acute ailment, and die because their defective blood cannot even repair waste.

HOW CAN IT BE CURED?

1st. By simply curing the stomach, by a judicious and effective medical treatment, and letting the liver take care of itself, and it is surprising to see how rapidly patients improve. The stomach becoming vigorous and capable of digesting food, the bowels regular, the brain healthy and vigorous, the mind clear and active, the skin assumes its natural color, the heart ceases to palpitate, neuralgic pains cease, and the system rapidly emerges into a condition of health.

2d. Stop taking pukes and purges and harsh medicines. Nothing is more common than to hear patients, on admittance to the Hospital, express themselves thus: "Doctor, I have been sick with Liver Complaint, and billious, for 10, 20, 30, and some even for 40 years, and have had to physic all the time, and the more I take, the more I have to take." Now, in the name of common sense, if a patient has been treated forty years for Liver Complaint, taken physic and got worse all the time, would not any sensible Physician change the treatment? The truth is, that their livers were healthy, but their stomach and bowels diseased—for they universally became healthy

and regular when the physic was stopped and they treated for disease of the stomach and bowels. Others, again, would want something to purify their blood. Now, there is no such thing as a blood purifier. Physiology tells us that the food we eat to-day is made into blood within 24 hours, and worn out within 24 hours more; that our blood is constantly being worn out and renewed, and cannot be purified under those circumstances. That idea presupposes that we have the same blood week after week and month after month, which is false. The only way to have healthy blood is, to have a healthy stomach to make it, and to eat proper food for its manufacture.

3d. Stop abusing the stomach. Every one knows that a healthy man can perform a hard day's work, whilst a sick man cannot. Yet, few realize that while a healthy stomach can digest three hearty meals each day, a diseased one cannot. Too hearty food injures a defective stomach, just as too hard labor does an invalid. A healthy stomach secretes twelve pounds of gastric juice daily for digestion, but when diseased this amount is greatly decreased; its digestive power is therefore greatly diminished. It takes 4 or 5 hours for a healthy human stomach to digest a hearty meal, during which time the stomach is kept in constant motion by its Peristaltic (twisting) action, rubbing its surfaces against the food and itself. Now this constant motion irritates still more the lining membrane, if diseased, and thus explains why light food sets better on a diseased stomach than hearty food, because it requires less gastric juice to digest, and works it less. Such cases, if bad, always do better on light food, as old bread and milk, or diluted cream, soft boiled eggs, tea, toast, beef tea, &c.; instead of irritating, such food acts as a poultice to the stomach.

4th. Take plenty of sunlight air, and exercise out of doors. It is almost as necessary for the sun to shine on human beings, to make them healthy, as on a field of corn. Twenty rust out, where one wears out. All those noted for longevity,† have been of *good* digestion and active habits. Activity gives a better circulation, prevents congestion, increases respiration;—consequently

†The Author of this is now writing a Work upon the Art of Retaining Youth and Prolonging Life, based upon the History and Habits of those most noted for longevity. Any person who will forward to him the Name and Residence, History and Habits of any over 100, will receive, when published, a Copy for each, free of charge.

more carbonic acid gas (choke damp) is discharged through the lungs.

And last, but not least, "Know thyself." Study your own system, your own case, the laws of life, health and disease. What would be said of an Engineer of a Steamboat who knew nothing about machinery, his engine, steam, the laws of steam, &c.? And yet, you expect to be healthy without knowing anything of the structure and physiology of your system, laws of life, &c., &c., of which, I am sorry to say, too many calling themselves Doctors are too grossly ignorant. I repeat, then, Cure the stomach and blood making-organs, and let the symptoms take care of themselves.—Your improvement then will be rapid, and will surprise your friends as well as yourselves. Under this new plan of treatment, we have not seen an uncomplicated case that could not be cured in from four to eight weeks, and few that were complicated that could not be entirely removed, with all their attending symptoms, in from three to four months.

HOW CONSUMPTION IS PRODUCED.

Dr. Bennett, Sr., Professor of Clinical Medicine in the University of Edinburgh, and Pathologist to the Royal Infirmary, one of the ablest Physicians of the age, who has had more Hospital experience and made more Post-Mortem examinations than any other living Physician, says, in his late eminent work, page 684, that—"Observant Physicians have not failed to notice that Consumption is usually ushered in with a bad and capricious appetite, a furred or morbidly clean tongue, unusual acidity of the stomach and bowels, constipation, alternating with diarrhœa; and a variety of symptoms, denominated dyspeptic, referable to a deranged condition of the stomach and bowels. Now, as the nutritive properties of the blood are entirely dependent upon a proper digestion of food, and as this digestion must be interfered with in this diseased condition of the stomach and bowels, the continuance of such a condition, necessarily induces an impoverished state of the blood, and a diseased and imperfect growth of the parts. Also, exudations, occurring under these circumstances, do not exhibit any tendency to perfect cell formation; thus tubercles are produced, which, slowly breaking down, cause softening and ulceration of the Lung tissue, that becomes more and more extensive, until death closes the scene."

Here, then, we have the key-note of the correct theory and treatment of Consumption, and recent investigation has proved the true origin of Consumption to be faulty digestion. When the corpuscles of healthy blood are examined under a microscope, they are found to be round, full and healthy, and in this condition they circulate freely through the minutest capillaries of Lung tissue. But very different do we find them in certain morbid conditions of the Stomach and Lungs; here we invariably find them shriveled, more or less agglutinated together, and therefore incapable of circulating freely through the small blood vessels of the Lungs. Thus

tubercles are formed by the lodgement of shriveled, imperfect or agglutinated corpuslces of blood in the minute blood vessels, and from exudations from obstructions into the Lung-tissue, which slowly soften and discharge, thus producing irritation, cough and expectoration, hectic fever, chills, night-sweats, emaciation, &c., &c., until death comes to their relief. But, not only do Post-Mortem examinations prove this theory correct, but treatment also. It is the common remark, made by ordinary observation, that the more Consumptive patients are treated by the old fashioned plan of nauseants, expectorants and cough medicines, the sooner they die. In fact, you can generally date their sinking from the hour they take such medicines. The cough is the symptom, tubercles and their cause is the disease. Treating a symptom never removes a disease or its cause. The tubercles in the Lungs act as a foreign substance, causing the cough and other various phenomena, and can only be removed by making the digestion and blood healthy, so that no more tubercles can be deposited, they absorbed and the Lungs healed. Suppose a patient has some foreign substance perforating the Lungs—a stick, for instance—would any sensible Physician attempt its removal by cough medicines? Never! He would first adopt means for its removal, and, when removed, the cough, which was only a symptom of the irritation, would stop of itself. Dr. Bennett again says, page 682, "That good nourishment and attention to the digestive organs are the best means of checking both the cough and expectoration. Whereas giving nauseating cough mixtures of Ipecac, Squills, &c., &c., is the worst treatment that can be employed. There is no point which experience has rendered me more certain of than that—however these symptoms may be palliated by cough and anodyne remedies—the Stomach is thereby rendered intolerant of food, and the curative tendency of the disease impeded. On the other hand, nothing is more remarkable than the spontaneous cessation of the cough and expectoration on the restoration of the digestive functions and improvement in nutrition." Here, then, is the secret of curing Consumption; for, as every medical man knows or ought to know, that the blood—and blood only—as it circulates into every part of the system, repairs waste and damage, and in the same proportion as this fluid is pure and healthy, will all damages be repaired. The same condition of things obtain also in Bronchitis, Catarrh, Ozena, Dropsy, Anasarca, Palpitation, Diseases of the Heart, Liver, Skin, Kidneys, Lungs, Chronic Sore Eyes, Deafness, Neuralgia, Nervous or Sick Headache, Clergyman's Sore Throat, Billious Disorders, Chronic Rheumatism, Secret Diseases from vicious habits, Impotence, Sterility, Diseases of Bone, Chronic Ulcers, Eruptions of various kinds, Chorea, and the various Nervous Affections, Paralysis, Fits, Debility, &c., &c. In this list we find, if not always the cause, yet the reason of non-recovery, directly or indirectly, vitiated blood from faulty digestion.

FEMALE DISEASES.

Here, too, we find a long list of troubles; that patients under the old Pathology and plan of treatment are eternally sick, always doctoring, and never get well. Dysmenorhea (painful menstruation), Amenorhea (want of menstruation), Menorrhagia (too much menstruation), Leucorrhea (white or yellow discharge), Prolapsus (falling of the womb), Anteversion, Retroversion, Anteflexion, Retroflexion, Cervixitis, Metritis and Pelvic Cellulitis. A patient has painful menstruation every month; this simply means that her blood is vitiated from bad digestion, and as it circulates in her womb, keeps it irritable, consequently during menstruation, the periodical congestion occurring at this time added to this, constant irritability causes pain. Show me a female who has had indigestion, irregular bowels, cold feet, dizziness of the head, and more or less of the symptoms of a diseased Stomach, for years, and in every instance she will have one or more of the various forms of Female Disease, no one of which, if advanced to any extent, was ever permanently cured without first getting the Stomach and digestion into a healthy condition, so that healthy, instead of diseased, blood will circulate in the diseased part, and repair the damage as nature intended. We do not mean to be understood that every person having a chronic disease must necessarily have a raw Stomach! But we do mean, and nothing to my mind is more susceptible of proof, from much observation, than that, in ninety-nine cases out of every hundred, where a patient has a lingering, chronic disease, the fault is to be found in the blood-making organs, and principally the Stomach; for it is the office of the blood to repair waste and damage, and in the same proportion as the digestion is healthy, and the blood rich and nutritious, will it accomplish its object. As before stated, not only do Post-Mortem examinations prove this theory correct, but treatment also; and it is surprising to see, even in Consumption, how rapidly many recover, soon gaining flesh and strength, the cough subsiding, the chills and night-sweats diminishing, and the sunken eye and pallid cheek, soon giving way to the rosy appearance of health. Why is it that every second or third female we meet in society has a lack-lustre countenance, a discolored skin, is dyspeptic, has more or less of Female Diseases, gets short of breath on exertion, has palpitation, cold feet, &c. Now, they are all treated, more or less of the time, by the best Physicians practicing the old theory—why don't they get well? Why are they *always* sick? The answer is plain—the old theory is false, therefore the treatment is a failure.

When Physicians once learn to treat these troubles upon correct principles, and with the right kind of medicine—then, and then only, will Chronic Disease, the bane of civilized life, and the disgrace of the medical profession, be almost entirely banished from the land.

DIFFICULT CASES.

In looking over my notes of Difficult Cases, most of which were taken while connected with the Hospital, the following may be of interest to the reader, if an invalid:

CASE I.

Mrs. E., aged 41, came under my care December 3d, 1863, an invalid for 14 years. Symptoms—Great debility and exceedingly nervous, dizziness, headache, poor memory, cold feet, much flatulence, water-brash, pain in side, shoulder, breast and back, palpitation, tenderness at the pit of the stomach, skin rusty and spotted, catarrh, irritable throat, bowels constipated and urine scanty and high colored. States that nearly every kind of food disagrees with and distresses her stomach. Has been treated for Liver Complaint, Catarrh, Nervousness, Neuralgia, Debility, etc., etc., for years, without any permanent benefit. I prescribed medicine to soothe, heal and give tone to the stomach and digestive organs, and food that would give the greatest amount of nutrition and strength and most easy of digestion. January 1st—Bowels regular, skin getting clear, no flatulence and very little tenderness, some neuralgic pain, but no palpitation or nervousness, urine more regular, head clear, feet easier kept warm, and no headache, gained some strength. Increased amount of food, both in quantity and variety; to eat what is most desirable, provided it produces no uneasiness or distress. Increased also the tonic power of the medicines, carefully adapting them to the wants of the stomach, in reference to the absence of certain gastric juices required. February 2d—Bowels and urine regular, no dizziness, neuralgia or headache, skin clear and natural, no flatulence or water brash, feet warm, catarrh greatly improved and fast gaining strength. Con Treat. March 1st—Patient discharged cured. Remarks.—This patient rapidly recovered. Why? Because medicine was prescribed for her disease instead of her symptoms Her stomach was the diseased organ, as proved by its tenderness and distress after eating; it being diseased, therefore could not digest her food, hence putrefaction, and consequently flatulence (gas ever being the result of putrefaction). Blood thus manufactured could not otherwise than be vitiated, irritating and poisonous, and as it circulated through the system twice a minute, instead of giving strength, vigor and vitality to every part, as healthy blood does, it absolutely poisoned her whole system. Hence her dizziness, poor memory, headache, palpitation, debility, cold feet, yellow skin, nervousness, neuralgia and catarrh, etc., etc. She took medicine that soothed and healed the stomach and regulated the digestive fluids. Harsh medicines, catharties, etc., would only have made a bad matter worse. A stomach that can't bear food cannot, as a rule, bear physic. A healthy stomach and bowels always keep regular. Digestion in a healthy stomach is rapid, complete and easy; if diseased, it is slow, defective and painful.

CASE II.

Miss S., aged 19, began treatment June 2d, 1866. Symptoms—Complexion pale and slightly sallow, skin dry and harsh, much emaciation, is easy to take cold, has cough, purulent expectoration, shortness of breath, fever in the evening and palpitation, formerly had cold feet, but latterly they burn at night; menstruation formerly very painful, but had of late entirely ceased; pulse 120; some tenderness in the stomach, constipation, sour eructations; gas, etc., etc. Physical examination of the chest showed tuberculous deposition in superior portion left lung. Had been treated over two years for Liver Complaint, Amenorhea (want of

menstruation), Consumption, etc., etc. Ordered medicine to soothe and heal the stomach, improve digestion, and tone the digestive organs and system generally, with pancreatic emulsion, which powerfully assists the digestion of fats, that she might gain flesh and strengh rapidly. To take plenty of air and exercise out of doors, stopping short of fatigue; a flannel jacket entirely covering the chest, thickly lined with cotton, to be worn constantly, thus securing a prompt and constant action to the surface, to relieve the lungs, and quiet the cough. July 1st—Reports much improvement in digestion, and some in strength, otherways little change. Con Treat. August 1st—Better in every respect, except strength, which she attributes to a slight attack of Dysentery, which weakened her. Con Treat. Sept. 1st—Stomach quite healthy, and now digests all kinds of food, getting strong, has gained 14 lbs. in weight, unwell two days and free from pain; scarcely any cough, and but little expectoration; bowels regular and a healthy hue of the skin. Con. Treat. Oct. 2d—Patient reports rapid improvement, has become regular in every respect, and entirely free from pain. Has gained 26 pounds since first taking medicine; stomach will now digest even warm bread and fat pork; skin clear, and she feels as well as ever, except not so strong. Ordered to wear the chest protector during the winter; stop all medicine, and eat anything desirable, not too hard of digestion. Remarks—This patient had bad digestion for years, and was evidently in the second stage of Consumption, the correct pathology of which, is that in certain forms of indigestion, the blood corpuscles, (that in health are oval), becomes shriveled and agglutenated together, and thus lodge in the lung tissue, producing tubercles and Consumption. The lungs are organs of great vascularity, having not only one set of blood vessels in common with all other parts of the system constantly carrying blood to it for the repair of waste and damage, but also another set of great magnitude, conveying there every few minutes, all the blood of the human system, for the purpose of receiving oxygen, and carrying off Carbonic acid gas. Thus it is easily seen why the lungs are the favorite seat of tubercle. Therefore by first making the stomach digestion and blood healthy, not only no more tubercles were deposited there, but what were there were slowly absorbed. Now any one of ordinary intelligence can readily understand how under the old fashioned treatment of nauseants, Cough medicines and alternatives, that invariably destroy the appetite, weakens the patient and injures digestion, this patient's death at no distant day, would enevitably have been the result.

FROM DR. HAGAN,

Of St. Paul, Minn., Graduate of Sterling Medical College, Columbus, Ohio, and of the College of Physicians and Surgeons, New York, late Surgeon U. S. Army.

St. Paul, December 4th, 1868.

Dr. Sanderson—Dear Sir: Since the winter of 1866, when with you in New York, I have been prescribing for chronic diseases according to your plan of treatment, and my success exceeds my most sanguine expectations. If you remember I had lost all faith in any cure for chronic diseases, for in many years' practice previous to that time, cannot conscientiously say I had ever satisfactorily cured a single case. I find now little trouble in curing its most obstinate forms. In fact, as soon as the stomach, digestion and blood are made healthy, the system, without farther assistance, almost invariably cures itself. Female diseases, Catarrh, Neuralgia, Asthma, Chorea, Scrofula, Chronic Rheumatism, Deafness, Chronic Sore Eyes, Nervous Debility, Palpitation, etc., etc., disappear whenever the blood is made healthy. Even Consumption, except in its last stage, rapidly recovers, and I find, on referring to my notes, a number of recoveries where the patients had chills, hectic fever, night-sweats, emaciation, with much purulent, and occasionally even bloody expectoration. It is with pleasure that I inform you that many of my patients, as well as myself, owe their lives to your skill and successful plan of treatment.

M. HAGAN, M. D., St Paul, Minn.

CURE OF A SEVERE CASE

OF DISEASED STOMACH OF LONG STANDING, COMPLICATED WITH EPILEPTIC FITS. CASE OF JUDGE BOGGS, OF CADIZ, OHIO.

This certifies that I consulted Dr. Sanderson in 1866: I had Dyspepsia in its worst form for many years. No kind of food agreed with my stomach. Had taken medicine from many prominent physicians without any relief whatever. Frequently had spasms, instantly falling down, entirely insensible, wherever I happened to be, and my case had for many years been considered hopeless by my physicians as well as friends. On consultation with Dr. Sanderson, he stated that all my troubles originated from a diseased stomach, and consequently faulty digestion and vitiated blood, poisoning my whole system; that with the cure of my stomach and digestion, I would again become healthy. I took his medicine and soon began to gain, and in two or three months far exceeded all expectation. I am now as helathy as healthy as I ever was (excepting age), can eat and digest all kinds of food, and have not had a spasm for over two years. I regard Dr. Sanderson as a man of truth, honor and integrity, and second to none in his profession. WM. BOGGS, Cadiz, Harrison County, Ohio.

SUCCESSFUL REMOVAL

OF AN OVARIAN TUMOR, ONE OF THE MOST DIFFICULT AS WELL AS DANGEROUS OPERATIONS KNOWN IN SURGERY.

This certifies that in the year 1860, an Ovarian Tumor began growing in my right side, which increased slowly and constantly, until its size became so great that life was a burden to me, and my physicians and friends gave me up to die. I was operated on by Dr. Charles R. Sanderson in 1868, who successfully removed the Tumor, and at this time, three months from its removal, am enjoying a good degree of health. I give this certificate, hoping other lives may be saved as mine has been.

MARY GOULD, Gould's Station, Jefferson County, Ohio.

The following is taken from the *Steubenville (O.) Gazette*, of September 14, 1866:

"We have been acquainted with Dr. Sanderson for a number of years, and his success in the treatment of Chronic and Surgical diseases, seems unparalled in the annals of medical science.

He is constantly performing the most difficult operations known to surgery, and yet for five years, not a case has terminated fatally. Among which are W. Van Horn of Carrolton, both legs drawn double for 33 years, tendons divided and limbs straightened. Isaac Barger, Cadiz, diseased leg for many years, limb amputated and quick recovery. A son of R. Freshwater, near Steubenville, Cancer of the eye covering the face, eye and tumor removed, and a rapid recovery, also a Mrs. Kelly, of Bellair, blind for two years from Cataract, crystaline lens removed and sight restored,

We have yet to mention two of the most daring and successful cases on record. Mr. Long, near Bloomfield, diseased bones of Pelvis, long since pronounced incurable; Dr. S., assisted by Dr. Wortman, of Cadiz, made an incision of five inches in depth, and removed a portion of the internal surface of the Sacrum and Ileum.

But what seems more surprising than all others, is the case of A. Swihart, of New Philadelphia, necrosis of the cranium of years standing, whose case had been pronounced surely and speedily fatal by his attending physicians, and a majority of Surgeons in consultation decided that instant death would take place from an operation. Dr. S., at his request, it being his only chance for life, removed a large portion of the skull bone on the upper and right side of his head, leaving the Dura Matra and Brain exposed, a large amount of matter was discharged, and a rapid recovery took place. Comment is unnecessary.

These and many other cases entitles Dr. Sanderson to rank among the ablest and most skillful Surgeons of Europe or America.

PILES.

There is scarcely a disease known that produces as much suffering as Piles, and few that can be as speedily cured. To all suffering from this disagreeable complaint we guarantee immediate and permanent relief.

DEAFNESS.

We are often consulted by those suffering from Deafness, and and say here for the benefit of all that many cases rapidly recover whilst others are entirely beyond the control of any yet known plans of treatment.

[From the Pittsburgh *Dispatch* of November 5, 1862.]

IMPORTANT SURGICAL OPERATION.

A few days since, a Mrs. Campbell from Blairsville, Pa., came to this city, blind from Cataract, having been blind for four year. By invitation we witnessed the operation at the residence of Mrs. Carlisle, at 228 North avenue, Allegheny City. After being placed in proper position in a rocking chair, her eye-lids being held open by an assistant, the operating surgeons, Drs. Sanderson and Barbour, of Allegheny, made an incision through the front part of the eye ball, and passing an instrument through the pupil, removed entire and without injury to the eye, the opaque crystalline lens that caused the blindness. Mrs. C. immediately looked up and smilingly remarked, "I can see now." She did not seem to suffer in the least from the operation; made a rapid recovery, and was soon able to return home with perfect sight in the eye operated on. When we take into consideration that the part taken out was larger than an ordinary cherry stone, and that it is taken out of the back part of the front third of the eyeball, the operation and its result seem almost a miracle. Drs. S. and B. informed us that they rarely failed by that operation to give the patient perfect sight, although it is the most difficult operation known in surgery, and one that few surgeons ever undertake.

☞It is ever best to consult a Physician personally for treatment, once at least, yet for the benefit of those unable to come, I will forward by express such medicines as I think their cases require, with full directions, on receipt of their address, a reasonable fee, and an answer to the following questions:

What is your age, and how long sick?
Have you cold feet, dizziness, headache, or a poor memory?
Have you pains in the shoulder, side, breast or back?
Is your skin yellow, rusty, or spotted?
Have you a bad taste in the mouth in the morning?
Have you much gas in the stomach or bowels?
Have you tenderness at the pit of the stomach?
Have you heart-burn or water-brash?
Are you nervous, debilitated, or have palpitation?
Are your bowels costive, too loose, regular or irregular?
Do you pass slime from the bowels when loose?
Is your urine high colored, or pale, profuse, or scanty?
Do you crave sour drinks, and do they agree with the stomach?
Do you feel worse in wet weather or before a storm?
Do you have chills, night sweats, hectic fever, cough or vomit up blood?
Have you catarrh, irritation of the lungs, throat or cough?
Does liquor set well on the stomach?

Those sending for medicine should answer all the above questions; also, state all other symptoms.

All letters of inquiry must contain a P. O. Stamp and address in full. Direct—

CHAS. R. SANDERSON, M. D.,
Office, No. **59** Diamond,
Allegheny City, Pa.

DR. SANDERSON

Performs all operations known to Surgery, Operates for Cataract, Strabismus—(squint eyes;) Iridectomy, (artificial pupil,) Ectropium, Entropium, Pterygium and all Surgical Diseases of the Eye and Ear, Inserts Glass Eyes—a perfect representation of the natural Eye.

REMOVES DEFORMITIES

Such as Hare Lip, Crooked Limbs, Club Feet, and Operates for Ovarian Tumor, Lithotomy and Stricture, Diseased Bones and Joints, and Transplants Integument from one part to another.

MORBUS COXARIUS,

Hip Joint Disease successfully treated, as practiced by the celebrated Prof. SAYRE, of Bellvue Hospital, Medical College, N. Y., and usually without confinement to the patient.

GASTRO ENTERITIS,

Commonly called Liver Complaint, Dyspepsia, &c., attended with cold feet, dizziness, headache, loss of memory, nervousness, debility, palpitation, pain in side, breast and shoulder, catarrh, irritable throat and lungs, irregular bowels and urine, and a rusty, spotted or faded skin, is easily cured and with little expense.

FEMALE DISEASES,

In all their various forms, treated with entire success by curing the pathological condition and its cause, which is generally found to exist principally in the stomach and blood-making organs.

REMEMBER

That Dr. Sanderson has had twenty years experience in the treatment of Chronic and Surgical Diseases, six years of which time has been spent in the Hospitals of New York City, a part of the time acting in the capacity of Senior Surgeon to Kings Co. Hospital, is a graduate of three of the first regular Medical Colleges of the United States, is also a graduate of the N. Y. Opthalmic School of Medicine and Surgery, is endorsed by the late Valentine Mott, Professors Parker, Clark, Dalton and the first Surgeons and Physicians of the United States. Dr. S. will visit difficult cases in consultation with other Physicians of good standing.

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